



TRICARE Potpourri

TRICARE Benefits Revealed

Kathy Roskosky
Central TRICARE Service Center
(CTSC)



TRICARE Program - Potpourri

- Preventative Health
- Maternity
- Stork Nesting
- Newborn/Adoptee Coverage
- Vision Benefits/Eye Glasses
- Pharmacy
- Exclusions
- Updates
- Summary



TRICARE Program - Preventative Health

- Preventive health care measures
 - Ref. TPM 6010.54M, Chap 7, Sec 2.1 & 2.2
- Mammogram screening
- Pap Smears
- Colorectal Exams
- Prostate screening
- Infectious Disease screening
- Immunizations
- Genetic Testing
- School Physicals for children ages 5-11 (does not include sports physicals)



TRICARE Program - Maternity Care

- Maternity Care
 - Prenatal/Delivery/Postnatal care
 - Ultrasounds must be medically necessary
 - Epidural anesthesia for pain management
- Newborns services may be billed separately
- Education services for the new mom is excluded if billed separately



TRICARE Program - Maternity Care

- TRICARE Standard Maternity benefits are paid based on Global Maternity Care Fee
- Routine outpatient OB care is covered at 100% for covered services for **ADFM**
 - No deductible or cost share
 - Medications still have the deduct/% cost share
- Inpatient delivery, \$25 minimum or *\$15.65 per day patient liability

* based on FY09 rates



TRICARE Program - Stork Nesting

- Stork Nesting is available if you cannot receive obstetrical care where you live
- Stork Nesting is unit funded (not a TRICARE program)
- 3 European MTF facilities participate in Stork Nesting
 - Landstuhl Regional Medical Center (Germany)
0049-(0)6371-86-7196
 - Naples Naval Support Activity (Italy)
0039-(0)81-811-6326
 - RAF Lakenheath (UK)
0044-(0)1638-52-8130



TRICARE Program - Newborn/Adoptee

- Newborn/Adoptee Coverage/**OCONUS**
 - Newborns/adoptees are “understood” Prime for 120 days after birth/date of adoption
 - Newborns/adoptees not enrolled in Prime by the 121st day will revert to TRICARE Standard
- Command sponsorship is NOT required IF at least one other FAMILY member is currently enrolled in Prime overseas

Newborns/Adoptees **MUST** be
registered in DEERS to be eligible for
TRICARE



TRICARE Program - Vision

- Active Duty family members are eligible for one comprehensive eye examination per calendar year
 - Pediatric vision screening is available at birth and approximately six months of age
- Retirees and their family members are NOT eligible for routine eye examinations
 - Retired family members are eligible for vision screenings under the well child benefit from birth to age six



TRICARE Program - Glasses/Lenses

- Glasses and contact lens are NOT covered by TRICARE
 - Exceptions:
 - ADASM with service approval (SF1034 or NAVMED 6320/10)
 - Specific criteria for medical necessity
- ADSMs & Retirees can get glasses from The Naval Ophthalmic Support & Training Activity (NOSTRA)

<http://www.med.navy.mil/sites/nostra/Pages/default.aspx>



TRICARE Program - Pharmacy

TRICARE Mail Order Pharmacy (TMOP) can be used by members with an APO/FPO address

- Must have a prescription written by a US licensed provider
- ADSMs have ZERO co-pay for covered medications
- ADFMs & Retirees pay \$3/\$9/\$22 co-pay for TMOP covered medications
- Co-pay is per prescription for up to a 90 day supply

<http://member.express-scripts.com/dodCustom/welcome.d>



TRICARE Program - Exclusions

Exclusions

- Abortion (Unless the life of the mother is at risk)
- Artificial insemination
- Cosmetic surgery (exceptions)
- Education or training services
- Experimental/unproven services
- Non-emergent travel
- Over the counter medications
- Smoking cessation products
- Orthopedic shoes/shoe inserts
- Private hospital room (unless medically necessary)

Contact the CTSC for any questions

+49-6302-67-7433/7432 or DSN 314-496-
7433/7432



TRICARE Program - Alerts

- Policy 07-006 from Health Affairs Provides Umbrella Statement for all Services
- Bariatric Surgery Prohibited for Active Duty
 - Will not be performed in any MTFs
 - Will not be authorized for purchased care/supplemental funds in the network
 - If performed and paid for independently, member is permanently non-worldwide qualified and “should be considered for separation”



TRICARE Program - Alerts

- Tick Borne Encephalitis Immunization
 - TBE vaccine excluded from benefit (non FDA)
 - TAO-E requested waiver for non active duty beneficiaries
 - Granted by Deputy Director TMA
 - Provider recommendation based on an individual risk assessment (endemic area?)
 - Policy manual revision currently in process



TRICARE Program - Alerts

- Military Treatment Facility Country Restriction
 - Issue: TGRO Contractor is able to provide assistance for emergent care in MTF countries
 - MTFs have the “right of first refusal”
 - Contract modification signed 24 Sept 07



TRICARE Program - Alerts

- Global Remote Coverage for Active Duty Family Members
 - Modification effective 1 Oct 08 to provide ISOS GOP and referral support for ANY Prime enrolled ADFM needing emergent assistance in a remote locations
 - ISOS will be **UNABLE** to assist if the ADFM has primary Other Health Insurance (OHI)
 - Resulting from Case Precedence



TRICARE Program - Alerts

- Benefit Change - Dental Anesthesia
 - Allows for institutional and general anesthesia services in conjunction with dental procedures
 - Patients with diagnosed developmental, mental or physical disabilities
 - Children 5 yrs and under also eligible
 - TAO-E centrally manage preauthorization
 - Guidance provided to TRICARE Service Centers



TRICARE Program - Alerts

- “Lap-Band” Surgery
 - Coverage for laparoscopic adjustable gastric banding (Lap-Band)
 - Effective date: 01 Feb 07
 - Benefit for those suffering morbid obesity
 - TAO-E centrally manage preauthorization



TRICARE Program - Potpourri

Summary

- Maternity Services are covered
- Certain MTF's in Europe participate in Stork Nesting for expectant mothers
- Newborns/Adoptees OCONUS are presumed Prime for 120 days (enrollment must be completed within 120 days)
- Preventative Services such as annual eye exams and cancer screenings are covered



TRICARE Program - Potpourri

- Eye glasses are not covered for family members
- Active Duty members can use NOSTRA or purchase eye glasses with Service Level Approval. Retirees also can use NOSTRA
- TRICARE Mail Order Pharmacy available only to members with APO/FPO address
- Certain services are excluded from TRICARE payment



TRICARE Program - Basic Benefit

What's Covered

- Most inpatient & outpatient care that is medically necessary and considered proven
- Ambulance services (ground or air), when medically necessary
- Mental Health services
- **ADFMs** are eligible for one comprehensive eye examination per calendar year
- The well-child benefit is available from birth to age six



TRICARE Program - Basic Benefit

- School Physicals for children ages 5-11
 - Does not include sports physicals (not covered)
- Preventative Services
- Maternity care, including prenatal, delivery and postpartum
 - Maternity ultrasounds when medically necessary
- Medical equipment and supplies when medically necessary



TRICARE Program - Basic Benefit

What's NOT Covered

- Abortion (Unless the life of the mother is at risk)
- Artificial insemination
- Cosmetic surgery (exceptions)
- Education or training services
- Experimental/unproven services
- Non-emergent travel
- Over the counter medications
- Smoking cessation products
- Orthopedic shoes/shoe inserts



TRICARE Program - Potpourri

Contact the Central TRICARE
Service Center (CTSC) for
guidance on TRICARE benefits
+49-6302-67-7433/7432 or DSN 314-496-
7433/7432 TEUROPE@europe.tricare.osd.mil

Or ISOS
+44-20-8762-8133

TRICARELON@InternationalSOS.com



TRICARE Program - Potpourri

- Questions?

